

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9 195M INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION :
OCTOBER 1, 1941 :

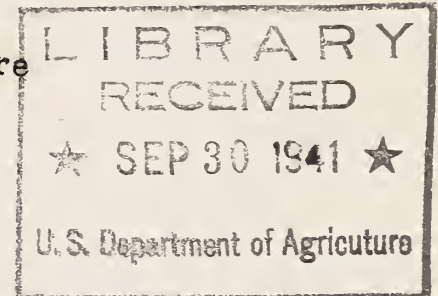
WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

BUSHELS OF APPLES



A good cook could use a barrelful of apples and never repeat herself once, if she had a mind to.

If she does have a mind to serve apples often, this is a good year to do it, judging by the news of the crop coming to market now. For, according to the U. S. Department of Agriculture, apple trees have done themselves proud again this year, and produced a commercial crop considerably bigger than last year's and also above average.

On the average, apples now rate second only to citrus as far as the size of fruit crops is concerned. Three-fourths of the States produce enough to be included in the "commercial" class. But in nearly every State, backyard and farm orchards and trees usually produce many additional apples.

Those who need dietetic justification for eating apples find it in their food value. Apples contain small amounts of several of the vitamins and minerals, according to home economists of the U. S. Department of Agriculture. The amounts vary with the variety and length of time the apples have been stored, but they can make a real contribution to the diet when they are used liberally.

To get the most food value from an apple, eat it raw with the peel on. For that way you get its vitamin C value intact. That goes for apples eaten out of

hand or served raw in salads and fruit cups.

Many a person, however, will gladly sacrifice a little vitamin C in the interests of a good cooked apple dish. No matter how apples are cooked, the experts suggest following the three cardinal rules.

Rule number 1 -- Buy the apple that suits your needs. Learn about the possibilities of the varieties on your market. Some apples should never be cooked. And of those that are good for cooking, some are best for baking, some for pies, and some for general use. If you aren't quite sure about the apples you are buying, take home a sample before you invest in a large quantity.

Rule number 2 -- Use little or no water in cooking. The apple itself is over 80 percent water, and much of this cooks out.

Rule number 3 -- Avoid overcooking by watching closely the progress of the apples atop the stove or in the oven.

Applesauce made from the same variety of apples can be juicy or mushy. It depends on the cook. Trick of getting sauce that is juicy but not mushy is in adding only enough water to keep the apples from scorching. Cook the apples in a covered pan until they are just soft, press them through a colander, sweeten to taste, and add a few grains of salt. Add a little spice, if you like it. Result -- applesauce to enliven any meal.

A cook looking for a new way to serve apples might try mixing them with different fruits and vegetables. Sweetpotatoes or cabbage make good companions for apples in a casserole dish. In a frying pan, carrots or onions are compatible with apples.

For cabbage and apple casserole put alternate layers of sliced tart apples and shredded cabbage in a greased baking dish. Season each layer with salt and a little fat and a sprinkling of sugar for the apples. Over the last layer, put

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

THE UNIVERSITY OF CHICAGO PRESS

buttered bread crumbs. Cover and bake in a moderate oven for about 45 minutes -- or until cabbage and apples are tender. At the end, remove the cover to brown the crumbs.

Sweetpotatoes can be used in the same sort of dish. But since they are more firm than cabbage they need to be cooked tender first in boiling water. Then cool them, skin them, slice them, and proceed to combine with the apples.

Fried apples can be a tasty accompaniment to the main meat dish. The trick of getting fried apples that hold their shape, yet have that shiny transparent appearance is to cook them slowly in fat that doesn't burn too easily. Sprinkle about one-fourth cup sugar to every 2 quarts of diced apples. Put a lid on the skillet and leave it on until the apples cook tender. Then take the lid off, turn the apples over gently, and let them brown. Serve on a platter with strips of bacon -- or slices of ham or salt pork -- or sausage.

Fry carrots and apples in much the same way. Slice the apples about one-fourth inch thick. It doesn't matter whether they are peeled or unpeeled. Cut the carrots lengthwise into thin slices. Put altogether in a single layer in a heavy frying pan. Cover tightly and cook until both carrots and apples are brown. Turn and brown on the other side. Just before the carrots and apples finish cooking, sprinkle them with a little salt and sugar.

Apples with pastry -- whether it's a pie, a turnover, a dumpling, or a tart -- are perennial dessert favorites. For pies, turnovers, and dumplings use only tart, fairly firm apples. Add no water at all or the crust will be soggy. Season moderately with sugar, cinnamon, a little salt, and a dot of butter.

Apple tarts may be made up quickly by baking tart shells on inverted muffin pans -- then filling them with well-seasoned applesauce. A spoonful of whipped cream atop each tart adds eye appeal as well as taste appeal. And for something extra special -- sprinkle the whipped cream with cinnamon, nutmeg, chopped nuts, or candied ginger root.

INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION :
OCTOBER 8, 1941 :

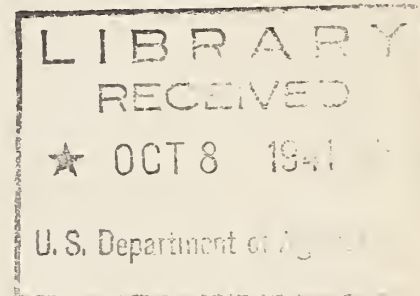
WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

MORE MILK



"More milk" tops the list of production goals proposed recently by the Secretary of Agriculture to the farmers of the United States. Calling for cooperation in the mightiest food production program ever launched, Secretary Claude R. Wickard has asked dairy producers to increase milk production to the tune of 8 billion pounds.

Why so much milk? The Secretary gave two reasons. First, he said, we in this country need to consume more milk for improved health and strength. Second, the British will need tremendous quantities of cheese, evaporated milk, and dried skim milk.

Back of both these reasons is the story of milk's food value. Milk is a sound foundation on which to build family meals. For packed into a quart of milk are a lot of essential food values that would be more difficult and more expensive to get otherwise.

Milk in more concentrated forms of cheese, evaporated or dried milk has another advantage. It is easy to ship and handle. Thus, in comparatively small packages good solid nourishment can be delivered to Britain or to the American consumer.

Milk was one of the charter members of the list of "protective" foods. This is a group of foods gold-starred because they provide goodly amounts of the food values we need if our diets are to come up above the safety line for good nutrition. Living on diets well above the safety line is a basis for buoyant health.

Milk qualifies as protective chiefly because of its calcium, high-quality protein, vitamin A, and riboflavin. Everyone needs to get calcium in his meals and milk is one of the best and easiest ways to supply it. Because children are growing, forming teeth and building bones, they need more calcium than adults. That's the biggest reason they need more milk than grown-ups.

But although grown-ups don't need as much milk as children, they need some every day. In many cases, adults neglect milk simply because they do not realize how very valuable it is.

The mistaken notion that milk is "fattening," for instance, may cause some people to cut down on it. Considering the important protective values of milk, this is an extremely short-sighted policy. Foods are classified as fattening or non-fattening according to the calories they contain. In proportion to its other food values, milk has comparatively few calories -- about 170 to a glass. Cutting down on milk and other protective foods is one of the reasons behind loss of vitality and lowered resistance that accompanies certain efforts to keep from getting fat or to reduce.

Wise mothers know that the milk-every-meal habit will be one that is a health asset to their children through life. Besides the already mentioned values milk has some vitamin B₁ and a little vitamin D, both necessary to good nutrition.

In working out a low-cost diet to meet the new national yardstick for good nutrition, the Bureau of Home Economics of the U. S. Department of Agriculture

emphasizes milk. For every child, 3 to 4 cups of milk are recommended and for every grown-up, 2 to 3 cups. If there is more money to spend, some may be used to advantage for more milk both for children and adults. Expectant mothers need about 1 quart a day and nursing mothers 1 1/2 quarts.

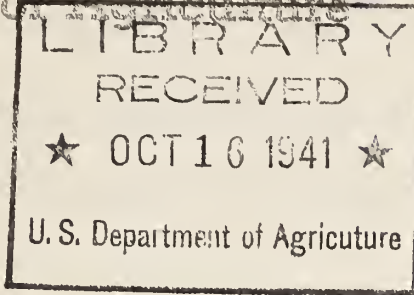
For convenience, these recommendations are expressed in terms of whole fresh milk. But smart homemakers make use of other forms -- for variety and economy. They may serve it as cheese, skim milk, evaporated, or dry milk.

"Make use of milk below the cream line," advises Doctor Hazel K. Stiebeling, food economist of the U. S. Department of Agriculture, "especially if your food money is limited. We not only need to produce more milk in this country, but we could easily use what we have more efficiently by not letting skim milk go to waste. Skim milk contains all the important milk solids except fat and vitamin A. It can be used for part or all of the milk quota. But if skim milk replaces whole, another source of fat and vitamin A must be provided in the diet."

Dry skim milk can make foods richer in nutritious milk solids without increasing their volume. To some extent, so can evaporated milk.

Diluted with water -- 4 cups water to 1 cup dry skim milk -- dry skim milk has about the same food value as an equal amount of fluid skim milk. Evaporated milk, diluted with water measure for measure, has about the same food value as an equal amount of fluid whole milk.

Cheese made from whole milk contains most of the food values of whole milk in a more concentrated form. One third of a pound of American cheese has about the same food value as a quart of whole milk.

United States Department of Agriculture

RELEASE FOR PUBLICATION :
OCTOBER 15, 1941 :

WASHINGTON, D. C.

THE MARKET BASKET

By

Bureau of Home Economics, U. S. Department of Agriculture

A NEW COAT

From Main Street to Fifth Avenue, crisp autumn days send women shopping in earnest for warm winter coats.

"This year, buying a winter coat is a problem with many new angles," says Clarice Scott, clothing specialist of the U. S. Department of Agriculture. "The moment a woman starts 'just looking' she notes the effects of the national and international situations.

"Wool prices are on the rise. Silk, used for linings, is having a situation all its own. Furs, favorite coat trim, are on the taxable luxury list. Consequently, many of this season's coats stress simplicity both of style and of material. Especially popular in the low-price range probably will be the smart unfurred box and princess styles that may be worn for many seasons without becoming dated.

"In line with the general accent on conservation of materials, a woman will be wise this year to give closer attention than ever to details of coat quality," says Miss Scott. "The coat may have to last a little longer than usual. Careful buying will enable her to get the best materials she can afford in a well-made coat."

Many are the details of coat quality. Some of these can be checked easily by looking at, feeling of, and trying on the coat. Other qualities are hidden — such as colorfastness and shrinkage. A big help in judging these hidden qualities

1. The first part of the report is devoted to a description of the current situation in the country.

2. The second part of the report is devoted to a description of the current situation in the country.

3. The third part of the report is devoted to a description of the current situation in the country.

4. The fourth part of the report is devoted to a description of the current situation in the country.

5. The fifth part of the report is devoted to a description of the current situation in the country.

6. The sixth part of the report is devoted to a description of the current situation in the country.

7. The seventh part of the report is devoted to a description of the current situation in the country.

8. The eighth part of the report is devoted to a description of the current situation in the country.

9. The ninth part of the report is devoted to a description of the current situation in the country.

10. The tenth part of the report is devoted to a description of the current situation in the country.

11. The eleventh part of the report is devoted to a description of the current situation in the country.

12. The twelfth part of the report is devoted to a description of the current situation in the country.

13. The thirteenth part of the report is devoted to a description of the current situation in the country.

14. The fourteenth part of the report is devoted to a description of the current situation in the country.

15. The fifteenth part of the report is devoted to a description of the current situation in the country.

16. The sixteenth part of the report is devoted to a description of the current situation in the country.

17. The seventeenth part of the report is devoted to a description of the current situation in the country.

18. The eighteenth part of the report is devoted to a description of the current situation in the country.

19. The nineteenth part of the report is devoted to a description of the current situation in the country.

20. The twentieth part of the report is devoted to a description of the current situation in the country.

21. The twenty-first part of the report is devoted to a description of the current situation in the country.

22. The twenty-second part of the report is devoted to a description of the current situation in the country.

23. The twenty-third part of the report is devoted to a description of the current situation in the country.

24. The twenty-fourth part of the report is devoted to a description of the current situation in the country.

25. The twenty-fifth part of the report is devoted to a description of the current situation in the country.

26. The twenty-sixth part of the report is devoted to a description of the current situation in the country.

27. The twenty-seventh part of the report is devoted to a description of the current situation in the country.

28. The twenty-eighth part of the report is devoted to a description of the current situation in the country.

29. The twenty-ninth part of the report is devoted to a description of the current situation in the country.

are printed tags or labels with factual information on them. If there are no labels or if the labels are incomplete, next best thing is to ask the clerk or the store's buyer about them.

For the convenience of this year's coat buyer, Miss Scott gives here some guideposts to coat shopping.

FIT--You'll probably be wearing a coat for several years, so take the time now to check every detail of fit before you buy. Uncomfortable shoulders -- a collar that rides up on the neck -- armholes that are too loose or too tight will make you dissatisfied with your coat every time you wear it. See if the sleeves are long enough. Can you walk, sit, reach in the coat comfortably? Can you button the collar without choking? For maximum warmth, get sleeves shaped to the wrists, a straight skirt with a wide front overlap, and fastenings placed to keep the coat from blowing open.

OUTSIDE MATERIAL--Find out first of all about fiber content. This year you'll see a new kind of helpful label to help you. The new Wool Products Labeling Act, effective since last July, makes it compulsory that a wool coat be honestly labeled as to its exact wool content -- the kind of wool in it -- and the manufacturer's name. Also there must be listed the amount of any other fiber in the material that makes up as much as 5 percent of the total.

A wool coat may be made of new wool--reprocessed wool--or re-used wool. A coat material labeled "all wool" or "all virgin wool" must actually be 100 percent new wool. Reprocessed wool has been made up once, never used, then unraveled and woven again. Reused wool has been woven and actually used, then rewoven.

Good reprocessed wool is better than poor quality new wool. Reused wool sometimes called "shoddy" may give better service than a poor reprocessed wool. But in general, it is not as good a buy as similar grades of new or reprocessed wool.

LINING--Rayon linings have been taking the place of more and more silk linings in the past few years. Pure-dye silk, of course, has long been a favorite, but -- with the ban on raw silk imports -- how long this will be available is somewhat uncertain right now. Weighted silks are short-lived. For most purposes, good quality rayon is highly satisfactory. Such linings last well. Be sure seams in rayon linings are generous and well-stitched. Otherwise they may fray badly.

INTERLINING--If the coat is closed at the lower edge, ask the clerk to rip it in one place so you can see the interlining. Wool interlinings are lightweight, warm, and not bulky. Napped cotton is not heavy enough for coats for frigid weather. Chamois-like material is very warm, and can take the sting out of the most sweeping northeaster. Quilted wool is exceptionally warm, but somewhat bulky. If the interlining and lining are seamed separately the coat will look better and fit better.

MARKS OF A WELL-MADE COAT--A number of other easy-to-check details show you whether or not the coat has been made carefully.

A coat that is cut accurately with the grain of the cloth hangs straight all around when you try it on. Right front laps evenly over left front. Seams lie flat, are bound with preshrunk tape. Thread throughout is strong and matches the coat materials.

The coat is hemmed and finished off with ribbon binding.

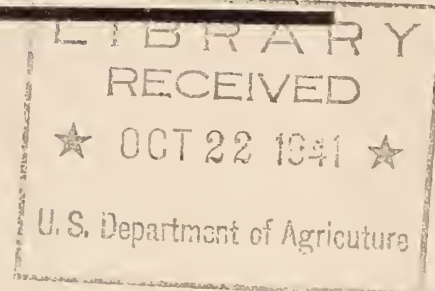
The coat front is faced back and was sewed securely before the lining was sewed on -- thus preventing an unattractive front roll.

Coat lining fits into the outside coat smoothly. Around the lining edges, armholes, and shoulders it is sewed with invisible hand stitching. The lining hem is sewed separately, joined to the coat at the bottom only at the front facings and tacked at each seam. A pleat about three-fourths of an inch deep runs the full length of the center back. This is tacked at waistline and lower edge.

Buttonholes are cut with the thread of the cloth and worked evenly. Buttons are on strong thread shanks. All fastenings are efficient and durable.

4 75 M INFORMATION FOR THE PRESS

United States Department of Agriculture



RELEASE FOR PUBLICATION :
OCTOBER 22, 1941 :

WASHINGTON, D.C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

GOOD FOOD TO MAKE LIFE LONGER, HAPPIER, HEALTHIER

Thrifty folk, if they can, arrange to lay a little money aside for old-age financial security.

Similarly, over a period of years, we can do much to build for old-age health security. Good health habits, like good thrift habits, should start early. Especially is this true of one of the most important of all health habits—that of eating a good diet.

Present day nutrition, it has been said, offers an extra ten years to the life of anyone who lives under its guidance. According to Dr. Henry Sherman, one of the country's leading nutritionists, these extra years probably can be added to life at its prime—thus postponing the effects of advancing old age.

Poor diets, on the other hand, may make a person old before his time. Inadequate diets year after year naturally take their toll in chronic fatigue, shifting aches and pains, and certain kinds of digestive trouble. They lower natural resistance to infection and destroy a person's sense of well being—his joy in being alive.

In some ways, a good diet for an older person differs from a good diet for a younger person. In the following paragraphs, home economists of the U. S. Department of Agriculture outline the important points for normal, elderly people

to consider in selecting their daily meals.

As far as we know now, there are three main things to keep in mind. First, an older person needs fewer calories than he did when he was younger. Second, though his calories are reduced, his need for minerals and vitamins remains much the same. Third, food for older persons may need to be easier to chew and easier to digest.

Older persons need fewer calories because they use less energy. Many of their body mechanisms are slowed down. They do not work so hard or play so actively. For instance, a man who at thirty was moderately active and needed about 3,000 calories a day to keep him going, might need only 2400 or less at sixty.

Easiest way to tell, of course, whether too much food energy is being taken is to watch the scales. Eating too much brings on overweight. And the disadvantages of overweight increase with age. Excessive body fat is a burden on the heart, may help cause some diseases, and lessen a person's chances to recover from certain diseases.

Best way to cut down on calories is to go slow on foods that supply little else than energy--rich desserts, pastries, many of the fats, and rich dressings. At the same time, the amount of minerals and vitamins must not be reduced. Therefore there must continue to be plenty of protective foods in the diet--milk, fruit and vegetables, some foods rich in vitamin B₁, and some with vitamin D if a person does not get out in the sun much.

Above all, food must be easy to eat and easy to digest. Following are some suggestions along this line in the form of a daily checklist.

MILK--2 to 3 cups a day. Milk is an excellent source of calcium as well as a number of other food values. It doesn't matter how you take milk. If

you've lived to a ripe old age and still don't like to drink it, eat it in custards, soups, and other cooked dishes.

TOMATOES, ORANGES, GRAPEFRUIT, GREEN CABBAGE, SALAD GREENS—One serving or more a day. These foods are good for vitamin C. Since much vitamin C may be destroyed by cooking you get the most from these foods if you eat them uncooked. If you can't eat much raw fruit, you can get vitamin C in the juice of oranges, grapefruit, and tomatoes. And if you find raw vegetables hard to handle, eat only the very tender salad greens. Have them chopped—not long before serving—very fine so they are easier to eat.

LEAFY, GREEN, OR YELLOW VEGETABLES—One serving or more a day for their vitamin A. Vitamin A isn't destroyed in cooking to any large extent. Any of these vegetables will be easier to eat if they are cooked. Maybe you'll even want them chopped up fine, or sieved and served in purees, soups, and such dishes.

OTHER VEGETABLES OR FRUIT—2 or more servings—Look them over and take your choice. Potatoes probably will be one. They are an inexpensive source of important food values. Try to get as much variety as you can. Most vegetables will be easier to eat if they are cooked until tender, easier to digest if they are served plainly.

EGGS—Eggs are valuable for iron and high quality protein as well as certain vitamins. Get one²/day or at least 3 or 4 a week. Soft-cooked eggs are easiest to eat, of course.

LEAN MEAT, POULTRY, FISH—There's no general rule as to how much meat an older person should eat. Whether you cut down or not depends upon how much meat you have been eating. But instead of steaks and roasts, you may find finely chopped meats and poultry and easily flaked fish easier to handle.

CEREALS AND BREAD—One or 2 servings of whole-grain cereal products. Eat

white bread in the "enriched" form. Food calories, vitamin B₁, and iron are the three notable contributions of whole-grain or enriched products. Whole-grain products also contain the other members of the vitamin-B complex.

FATS--Cut down on rich fat mixtures. Fat takes longer than any other food to digest. So as you get older and your digestive processes slow down anyway a lot of fat simply puts an added burden on your stomach and lower digestive tract. Some fats, of course, are still needed in the diet for the essential fatty acids they contain. Butter and cream are natural sources of vitamin A. Certain other table fats may have vitamin A added to them.

SWEETS--Eat only enough sweets to make your diet palatable, especially if you are inclined to gain weight. If not, eat sweets in moderation to satisfy your appetite and add calories.

INFORMATION FOR THE PRESS

United States Department of Agriculture

WASHINGTON, D. C.

RELEASE FOR PUBLICATION :
OCTOBER 29, 1941 :

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

SISTERS BRASSICA

LIBRARY
RECEIVED

★ OCT 29 1941

U. S. Department of Agriculture

Probably you'd guess it anyway. But botanists say with authority that cauliflower and cabbage are the closest of kin. Over 4,000 years ago man was eating Brassica Oleracea--their common ancestor, more familiarly known as wild cabbage.

As far as vitamin C is concerned, these vegetables are sisters in food value also. In the raw state, both are excellent sources of this vitamin, which we need daily. Cooking, of course, destroys much vitamin C. Both cauliflower and cabbage are fair sources of vitamin B₁. And in cabbage, green stands for good or better when it comes to vitamin A, iron, and calcium. For these, the outside green leaves, often thrown away, are the most valuable.

Time was, and not so long ago, that cauliflower was known as "rich man's cabbage." Because it was so expensive to grow it was out of reach of all but the most generous food budgets. Cauliflower needs a lot of attention while it is growing. Everything has to be just right--weather neither too hot nor too cold--not too much rain or too little--or the cauliflower crop is a failure. Also, just as the heads are beginning to form, leaves are usually hand-tied together over them to keep the white heads from being discolored by the sun.

So, although modern production and transportation have brought the price of cauliflower down, it still is understandably more expensive than easier-to-grow cabbage. Right now, cauliflower is on the market in goodly quantities.

884-42

A head of cauliflower really is a group of small flower clusters and flower stems. This group of flowers or "curd" should be compact, firm, and white or creamy white in color when you buy it. Outside leaves should be fresh and green. Signs of poor cauliflower are spreading of the little flowers apart from each other. Good cauliflower may be either small or large. And leaves that grow up through the curd are no sign of poor quality, though they don't help the cauliflower's appearance.

Whether you have cauliflower often or only on special occasions, you can make or break it by the way you cook it. Here's the way to take care of cauliflower in the kitchen, according to home economists of the U. S. Department of Agriculture.

Take off all the outside green leaves, except the last very tender ones. You can cook the cauliflower either in one large head--or break it into small flowerlets first. It'll cook more quickly, of course, in smaller pieces. But either way, 1 medium-sized head will make 5 to 6 good servings.

Wash the cauliflower carefully first in cold water. Then drop it into enough lightly salted boiling water to cover it, no more. Cooked with the lid off, the vegetable will have just enough of that characteristic "cabbagey" odor to make it appetizing--not enough to make it a neighborhood nuisance. If you have to use hard water for cooking, cauliflower is bound to turn a creamy yellow.

Allow 20 to 30 minutes for a whole head of cauliflower to cook tender--10 to 15 minutes for the flowerlets to be done. Like most vegetables, cauliflower may be eaten at different stages of tenderness. It depends on your own taste preference. Cut the cooking time down as much as possible to prevent darkening of the cauliflower--unnecessary losses of food value.

As soon as the cauliflower is tender enough for your liking, drain it and lift it out of the pan carefully. From this point there are any number of dishes you can make with the perfectly cooked flower. Serve it with melted butter and a

sprinkling of paprika. Or put browned, buttered crumbs atop. Or sprinkle it with grated cheese and buttered crumbs, put in the oven and leave it there until the cheese has melted and the crumbs have browned.

Of course, cauliflower may be served raw--if you want to get every bit of its vitamin C. For a new note in your relish dish, serve little cauliflowerlets along with an assortment of carrot strips, cucumber slices, green olives, red radishes, slivers of green pepper.

Cabbage, unlike its more elegant relatives cauliflower, broccoli, brussels sprouts, is really "in season" the year round.

When you go to market for cabbage, look for heads that are firm and heavy for their size. Naturally you'll also try to get one that looks fresh, is closely trimmed with no yellowed leaves, and that hasn't been obviously injured by worms or decay. Sometimes you can detect cabbage that will have a strong flavor--by noting the bottom end of the head. If the outer leaves have separated from the base of the stem, the cabbage may be strong-flavored, coarse-textured.

Cooking cabbage is about the same story as cooking cauliflower. Important points to remember are to leave a lid off the pan, and not to overcook. As with cauliflower, leaving the lid off the pan keeps the vegetable from having too strong an odor, makes for better flavor. Also, it helps keep the pale green color of the outer leaves intact.

A modern quick-cooked cabbage dish is five-minute cabbage. For this, heat about 2 cups milk, add $1\frac{1}{2}$ quarts of shredded cabbage. Cook about 2 minutes. Add another cup of cream or top milk, thickened with three tablespoons flour, richened with 3 tablespoons fat. Add salt and pepper to your taste, and cook the cabbage quickly for 3 to 4 more minutes, stirring it all the time. Result--crisp cabbage, with a delicate flavor, creamy white and pale green as it was to begin with.

Because raw cabbage is such a good and inexpensive source of vitamin C nutritionists include it in the blue ribbon group of vitamin-C rich foods, one of which needs to be in the meals every day. Serve cabbage raw in any number of ways. From the old standby cole slaw to our modern shredded cabbage aspic creations there are hundreds of combinations using raw cabbage--with other vegetables, with fruits, raisins, nuts, and various salad dressings.

- - S - -

